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I Believe...that the Future is all about Believing

I make it a point to think about at least 5 happy things each day. Why? Because I believe that if I look on the bright side of life, ignore the dark and trust with unwavering conviction that happiness is definitely within my reach, my future will be just as dazzling and just as euphoric.

As a teenager, I am exposed to a lot more of the real world. For instance, I realized that people are a lot less accommodating and accepting than I thought possible; and I've been rejected, ostracized and deeply hurt by someone whom I thought was a real friend. All of that was experienced a couple of months into teen hood. For a girl living in a protected little bubble in primary school, it's a huge cultural shock. From then onwards, I felt cold and sluggish, and tended to escalate any tiny mishap into a total misfortune. I was confused and believed that the real world was not meant to be fun and exciting – it was meant to be bleak, distant and pathetic. But I just knew something wasn't right, because my heart felt numb and empty, like a missing piece of a jigsaw puzzle had mysteriously disappeared. My parents sensed that something was wrong. Almost every day they'd ask, "Why are you so tired?" or "Did anything happen?" I tried my best, but try as I might, I just couldn't figure out what was missing.

One night while I was having dinner with my family, my younger sister began to complain about the people in her class. She didn't say specifically bad things, but I could tell that she didn't have a high opinion of them. As I listened, I felt uncomfortable, and knew that if she put in a little bit more effort to accommodate them and learn about their good points, she'd be perfectly fine. And that's when realization hit me; the missing piece clicked snugly into place. What I had done so far was to focus purely on the bad side of life. In return, it had blown out of proportion and made my life miserable. Because I had lost my faith in others, I had unconsciously pulled down the blinds of the windows of my life and allowed myself to fumble in the dark. It was because I believed that life was doomed to be like living at the bottom of the ocean, wintry frigid and dark, that life had really turned out to be that way.

So I believe that how the future turns out all depends on how we believe it will be. I believe that if we look at the goodness of other people, if we look at the humorous sides of embarrassing situations, if we just insist on looking for that tiny sliver of hope in any misfortune that happens to befall us, our future will definitely be rose-coloured.